

In This Issue

- 3 From the President's Desk
- 4 Education Corner
- 4 AMTA-NY Chapter Convention
- 5 Continuing Education Schedule
- 6 CSMT Corner
- 7 CSMT Events Calendar Spring 2018
- 8 Message from the Sports Massage Team
- 9 Lobby Day 2018



Myofascial Insights

BY RICHARD CONDON

Myofascial release is a form of manual therapy addressing skeletal muscle (myo) and fascia. The term fascia, originally constrained to the connective tissue surrounding and interpenetrating muscle, now includes all fibrous connective tissues such as periosteum, ligaments, and the parietal and visceral investments surrounding organs. This expanded definition is attributed to the fascial researcher Robert Schleip and *Anatomy Trains* author Tom Myers. "Tensegrity" (tension-integrity) is a term that the architect Buckminster Fuller coined in describing structures that rely on tensional integrity for support. The human body is a structure dependent upon tensegrity wherein fascia and muscle are the responsible tissues for storing, mediating and transmitting tension. Myofascial bodywork is a structural modality, endeavoring to create tensional harmony throughout.

One engaging way of conceptualizing the interplay between muscle and fascia and their role in our bodies is to imagine there are not myriad muscles, but one muscle, divided into many functional units and compartmentalized within 1 continuous, omnipresent fascial matrix. This way of thinking works against the reductionist anatomical model of isolating all the individual parts, and promotes consideration of how the parts function together to produce balance, posture and movement.

Here is a common enough event: a client with protracted shoulders arrives in your office, reporting "an ache between the shoulder blades." Looking through a tensegrity lens, the myofascia in the pectoral region is shortened, while the myofascia between the scapulae is overly lengthened. It would not be unlikely that this same client might present with a forward head posture, and report pain in the back of the neck. The tissues in the back, in this case, are over-lengthened and overburdened, supporting the weight of the forward head, while the flexors are shortened.

This example demonstrates a common enough theme: discomfort in the overstretched tissue, while the shorter, more contracted tissue quietly perpetuates the problem. It can be only too easy to start chasing symptoms, and work where our clients are experiencing their discomfort. In some cases, this is the best approach, but in many cases, applying a tensegrity lens to the client will suggest the root of the issue lies elsewhere.

Bodywork provides a highly effective and targeted approach to lengthening shortened myofascia. However, although the two tissues are inextricably bound together, a fascially-oriented session might look quite different than a muscularly oriented one.

continued



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Deadlines

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Summer: June 1

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Myofascial Insights

continued

It is exponentially more difficult to engage fascia after oil or cream has been applied—if you want to use a lubricant, consider doing the fascial element of the work first.

While muscle can develop tight bands within individual motor units, fascia is more inclined to shorten across wider planes. Engaging more of these planes at once is preferable, so a broad contact is best, such as a loose fist or the generous expanse of the ulna. It is often helpful to create slack in the tissue, allowing you to sink in and “hook” or engage it. Similarly, moving distal parts of the client's body, either actively or passively, can be a highly effective way of creating local fascial change while at the same time, integrating the effect across a broader fascial field.

As a specific example, take the client with the protracted scapulae and shortened pectoral myofascia. Have that client supine on the table, with his knees up and his feet resting flat. If you decide to work on his right side first, have him move to his left, to the edge of the table, and stand on that side. Working across the client's body, engage the pectoral fascia at the right edge of the sternum with a loose fist, fingertips or the ulna. Now have the client slowly bring his knees across to his right, until the movement generates enough rotation through the spine that it lifts the left shoulder girdle off the table a little, and drops the right. This will create a bit of slack in the fascia at the sternal edge; take the slack out laterally (hold the tissue wide), and have your client slowly drift his knees to the left. As the shoulder girdles begin to respond, you will feel the fascia you have hooked push into you: hold it wide. When the knees wave back to the right, follow the “current” in the tissue and take it wider still. Work in this fashion across the pectoral expanse.



Richard Condon

From the President's Desk

BY NICHOLAS BODKIN, LMT

What is a Massage Therapist?

The New York State Department of Education defines massage therapists as: "Licensed health professionals who apply a variety of scientifically developed massage techniques to the soft tissue of the body to improve muscle tone and circulation. Massage therapists work to enhance well-being, reduce the physical and mental effects of stress and tension, prevent disease, and restore health. Massage therapists use many different massage techniques and methods." (Source: www.op.nysed.gov/prof/mt/)

While the definition is specific, we all practice massage therapy differently. At our annual Convention in Syracuse, May 4-6, we are excited to offer a variety of classes that afford you the ability to learn new concepts and expand your understanding in ways that complement your own style of massage. Whether you gravitate toward orthopedic work (James Waslaski and Doug Nelson), alternative tools (Dale Grust and hot stones), or unique techniques (William Burton-Cupping), you can expand your knowledge base in ways that resonate for you and your practice.

One of the best values and most overlooked benefits of attending the convention is the opportunity to connect with your peers. It's almost guaranteed that you'll meet someone who practices right around your corner whom you've never met, and there are benefits of making friends who practice in your vicinity. Doing massage trades gives you the opportunity to get massages but also allows you to learn how others address various issues. It helps you stay involved with the local LMT community regarding available space, pricing, and business opportunities that might arise. The old saying is true, "It's not only what you know, it's **who** you know."

While the following article relates to the corporate world, it makes a clear case for the value of networking:

Do Women's Networking Events Move the Needle on Equality?

Harvard Business Review, Shawn Achor noted some statistics from the research that he found relevant to attending conferences; "For the women who'd signed up for the conference but had yet to attend, 18% received a promotion during the time period we studied, compared with 42% of women who had already attended the conference. In other words, in the year after connecting with peers at the Conference for Women, the likelihood of receiving a promotion doubled." "In addition, 5% of the women in the control group received a pay increase of more than 10%, compared with the 15% of women who had attended the conference. That means that in one year, attendees had triple the likelihood of a 10%+ pay increase."

Please join us for this year's convention May 4-6, Together in Touch, and the annual business lunch on Friday May 4th.



Nicholas Bodkin, LMT
AMTA-NY Chapter President



Education Corner

BY PAT COLLINS, EDUCATION CHAIR



Who says there's no such thing as a free lunch!?

Whoever said that has never come to an AMTA-NY convention! Something I've heard people say at past conventions is that they wish they knew that most meals are included in the convention weekend! Friday, Saturday and Sunday have continental breakfasts. The Friday annual meeting is a buffet luncheon and on Friday night is the vendor reception with enough hot and cold hors d'oeuvres that you won't need to look elsewhere for dinner. Saturday night is the full sit-down dinner-dance that is not only a lovely dinner, but a great way to unwind after a couple of days of intense education.

And the education! The AMTA-NY Convention is the place to be! You can get up to 24 hours in one weekend in Syracuse on May 3-5 and once you factor in the meals, the education cost is less than \$15 per credit hour (early registration!) You can get your NCBTMB required Research and Ethics classes here and learn about insurance in the massage profession. Learn the pathologies and considerations for complicated medical patients. Aromatherapy and HotStones will be a favorite! Take treatment classes like Neuromuscular Therapy, Nerve Compression Therapy, Cupping and Craniosacral Therapy. You have a wide choice at the AMTA-NY Convention!



If you can't make it to convention, look for Shiatsu in the Southern Tier, Pregnancy in Northern NY, and Myofascial around New York City in June. Fall holds a myriad of classes around the state, sure to please everyone! Look no further than AMTA-NY for your continuing education needs. All the AMTA-NY classes are good for your NCBTMB CE's and your NYS CE's. (Unless it is a business class that may not be eligible under NYS regulations.) And again early registration member rate is \$15 per credit hour in the locally offered classes!

AMTA-NY Chapter Convention

BY LINDA TOOMEY, LMT, CONVENTION COMMITTEE CHAIR



Join us in Syracuse May 4 – 6

Syracuse, New York, has been a city that proudly celebrates its history. Located in Central New York, Syracuse has functioned as a major crossroads over the past two centuries. Throughout time, Syracuse has become a hub for education and conventions alike, thus, making the location ideal for the AMTA-NY Chapter 2018 Convention.

Year round, the Convention Committee plans for this great event. This year's theme, Together in Touch, serves as a reminder of the bond that exists among us as massage therapists. The annual AMTA-NY Chapter Convention is a place where massage therapists come for rejuvenation, educational opportunities, to connect with friends, and make special memories. This year's educational offerings include a host of quality classes to choose from, including CranioSacral Therapy Level One and ACE Massage Cupping Therapy. Among other offerings are Hot Stone Therapy, Multiple Nerve Compression Therapy, Neuromuscular Therapy, Elite Sports Massage,



Perinatal Mood Disorders, Aromatherapy, Pathology, Ethics, Business, Insurance Billing, and Research. In addition, there will be a complimentary Community Service Emergency Response Team Training (7 CEH) for NYS licensed - AMTA members. Come join us for the annual membership business luncheon, vendor hall reception, and dinner dance. On behalf of the Convention Committee, we look forward to meeting you in May, and it is with joy that we welcome you to Convention 2018!

2018 Continuing Education Schedule

Go to www.amtanewyork.org to get all the details on these classes and their locations

Northern NY

Pregnancy Massage; the Anatomy, Physiology, and Treatment (18 CEH)

June 2-3, 2018 | Kim Corpus | Tupper Lake

Clinical Orthopedic Manual Therapy for the Low Back & Pelvis (16 CEH)

September 22-23, 2018 | Joe Muscolino. | Tupper Lake

Capital District

ACE Cupping, Level 1 (22 CEH)

October 26-28, 2018 | William Burton | Albany

Central NY

Gross Anatomy-Lower Body (8 CEH)

September 15, 2018 | Syracuse,

Clinical Massage for Veterans II (Lower Body) (8 CEH)

September 16, 2018 | Syracuse,

Gross Anatomy-Upper Body (8 CEH)

October 20, 2018 | Syracuse,

Clinical Massage for Veterans I (Upper Body) (8 CEH)

October 21, 2018 | Syracuse,

Southern Tier

Know the Qi and Move the Qi: 5 Element Theory and Shiatsu (16 CEH)

June 9-10, 2018 | Ericka Clinton | Johnson City

An integrated approach to Positional Release Therapy (13 CEH)

September 29-30, 2018 | Lee Albert | Johnson City

Western Finger Lakes

Introduction to Thai Massage (20 CEH)

October 26-28, 2018 | Yaron Gal Carmel |
Victor/Rochester

Western NY

Introduction to Myofascial Release (18 CEH)

November 10-11, 2018 | Lisa Satalino | Williamsville

Hudson Valley

Critical Myofascial Strategies; The Lower Extremities (15 CEH)

October 13-14, 2018 | Richard Condon | New Paltz

New York City

Critical Myofascial Strategies; The Upper Extremities (15 CEH)

Sunday June 3 – Monday June 4, 2018 |
Richard Condon | Manhattan,



Keep Track of all CEH Credits in One Place

The AMTA National website has a great tool to allow you to "self-report" all courses you take anywhere! To do so, simply log in to www.amta.org click on "Update Education Credentials". This tool allows you to put all credits that you have taken anywhere all in one place!

For any questions about this, or to access log-in information, please contact AMTA National at (877) 905-0577.

CSMT Corner

BY SAMANTHA PAIGE-GRAEBER, LMT, CSMT CHAIR



CSMT Emergency Response Readiness



New York and the Northeast have been blessed. Since hurricane Sandy, we have not had any natural disasters. I am happy to inform you that the CSMT Emergency Response Course is being offered Thursday, May 3rd, the day before our State Convention, at the same hotel: The Holiday Inn Syracuse-Liverpool. Upon completion, you

can provide massage for first and second responders with AMTA's CSMT Emergency Response Team.

This course will prepare you to serve on an AMTA Community Service Massage Team-Emergency Division during an emergency response. You will be taught standards and protocols to help ensure that volunteers are properly and thoroughly trained for critical situations where the ability to coordinate with outside agencies and safety techniques are of utmost importance.

This course covers:

- Member eligibility
- Ethics of massage relating to emergency response

- Roles and responsibilities of the Chapter and Team Members
- The call-up process and how this is related to outside emergency response agencies
- Procedural issues for the massage therapist and team when on an emergency deployment, including but not limited to, the physical and psychological safety of the Team

The course includes information pertinent to the massage team's role while interacting with other agencies. It includes an in-depth look at client issues relating to working an emergency site including assessment of client status and determination of need for referrals to supporting agencies and personnel.

If this is something you think you would be interested in, go to amtanewyork.org, click on Events and Education and look for 2018 AMTA-NY Annual Convention.

The CSMT ER Team is scheduled to train in a full- scale exercise in June.

OUTREACH TEAM

WHAT'S UP AND COMING

Go to amtanewyork.org for further information. All AMTA members, who carry AMTA insurance, are welcome to volunteer.

CSMT Events Calendar Spring 2018

MAY

Annual Brain Tumor Caregiver Training Workshop

DATE: Saturday, May 5, 2018

TIME: 8:30am – 3:00pm

LOCATION: Memorial Art Gallery, 500 University Avenue, Rochester, NY 14620

NEEDED: 3 therapists for chair/table massage

CONTACT: Samantha Paige-Graeber, LMT

E: ladystar44@icloud.com

P: (845) 519-4112,

Family Fun Night to Benefit the Ronald McDonald House of LI

DATE: Thursday, May 10, 2018

TIME: 5:30pm – 9:00pm

LOCATION: Maurice W. Downing Elementary School, 55 Lindner Place, Malverne, NY 11565

NEEDED: 4 therapists for chair massage

CONTACT: Jasmin Pitter

E: jazzypride@hotmail.com

C: (516) 770-2373

Living Healthy with Lupus

DATE: Saturday, May 21, 2018

TIME: 11am – 3pm, Lunch included, Massage Therapists need to be there at 10:15am

LOCATION: Hospital for Special Surgery, 535 East 70th Street, Richard L. Menschel, Conference Room – 2nd floor NYC, NY 10021

NEED: 5 therapists for chair massage

CONTACT: Samantha Paige-Graeber, LMT

E: ladystar44@icloud.com

C: (845) 519-4112



JUNE

Supportive Spouse and Friends Weekend

DATE: Saturday, June 2, 2018

TIME: 10am – Noon and Noon – 5pm, Lunch is provided

LOCATION: Camp Good Days and Special Times Recreation Facility, 643 West Lake Road, Branchport, NY 14418

NEED: 5 volunteers for chair/table massage

CONTACT: Beth Bergmann

E: bethbergmann@verizon.net

C: (716) 861-2092

NYC Brain Tumor Walk

DATE: Saturday, June 23, 2018

TIME: 9am – Noon, Team requested: 7:15am – Noon

LOCATION: Randall's Island, 20 Randall's Island Park, New York NY 10035

NEED: 6 Therapists for chair massage

CONTACT: Donna Webb

E: dweb826@aol.com

C: (917) 509-7150

SEPTEMBER

LI Brain Tumor Walk

DATE: Saturday, September 15, 2018

TIME: 8am – Noon

LOCATION: Jones Beach, Field 5, 1000 Ocean Parkway, Wantagh, NY 11793

NEED: 6 Therapists for chair/table massage

CONTACT: Alexandria Nicholas

E: alnichol91@aol.com

C: (516) 330-7384

Women's Wellness Weekend

DATE: Saturday, September 22, 2018

TIME: 10am – Noon and Noon – 5pm, Lunch is provided

LOCATION: Camp Good Days and Special Times 643 West Lake Road, Branchport, NY 14418

NEED: 5 volunteers for chair/table massage

CONTACT: Beth Bergmann

E: bethbergmann@verizon.net

C: (716) 861-2092

DECEMBER

NYFF Burn Center's Holiday Event

DATE: December TBA

TIME: 8:30am – 2pm

LOCATION: NY Hospital, 525 East 68th Street, NYC 10021

NEED: 6 therapists for chair/table massage

CONTACT: Eve Bucca

E: erbucca@aol.com

C: (914) 907-5411



Message from the Sports Massage Team

Sports Massage Team is looking for Volunteers!

If you are a therapist interested in great networking opportunities with athletes as well as other like-minded health care professionals, please join us at these events! We will be posting more events on our state website as they are approved.

Syracuse Behavioral Healthcare – Run For Recovery 5K and 10K Run

Date: Saturday, May 5, 2018

Location: Long Branch Park in Liverpool, NY

Time: 9am – 12pm

Needed: 3-5 Therapists

The Run for Recovery is a charity running event that was created to fund mental illness and substance abuse recovery. Syracuse Behavioral Healthcare offers rehabilitation services to individuals recovering from alcohol and substance abuse. Since 1920, SBH has become the most comprehensive recovery option in Central New York. 2018 marks the second year AMTA Sports Massage Team will be present at this race. There will be a certified and timed 5K and 10K race followed by a one mile fun run. The post race celebration will have kid friendly activities, food trucks, local vendors and entertainment. This will be a great opportunity for any AMTA massage therapist interested in volunteering and becoming a member of the Sports Massage Team

Bike MS Buffalo, NY

Date: Saturday, August 11, 2018

Location: 10191 Lake Shore Rd, Irving, NY
14081 Evangola State Park

Time 12 – 5pm

Needed: 2 – 3 Therapists

The National MS Society is the largest private funder of MS research in the world. The purpose of the Bike MS Event is to not just raise money but also to raise awareness for individuals diagnosed with Multiple Sclerosis and provide support. For those who know someone or are affected directly by MS, the challenges they face throughout the course of a day can be physically and physiologically exhausting. Cyclists will ride anywhere from 25-100 miles in a day. Therapists will be working with these athletes upon their finish of the ride. All levels of ability participate in this ride.

Bike MS Rochester, NY

Date: Saturday, August 26, 2018

Location: Elmwood Avenue & Moore Rd, Rochester, NY
14620 Genesee Valley Park Rochester, NY

Time 12 – 5pm

Needed: 2 – 3 Therapists

Calling All Volunteers

Volunteering is easy to do for any Sports Massage Team event.

1. Go to: <http://ny.wp.amtamassage.org/sports-massage-therapy-team/>
2. Click on the "Code of Conduct" and sign it electronically
3. Next go to "SMT Application" and fill it out electronically
4. Details will be sent via email on volunteer opportunities and positions needed



Lobby Day in Albany!

Meet Our Legislators and Let Your Voice Be Heard!

We will meet on Monday, May 8th at 6 pm for dinner and a briefing. On Tuesday, May 9th we'll head to the Capitol for a full day of lobbying! Overnight rooms (shared) will be provided for those traveling.

We will be discussing the inclusion of NYS Licensed Massage Therapists as a provider of massage therapy services that can be reimbursed by NYS Worker's Compensation. We will also be pursuing efforts to combat illegal practice in our profession.

This year, we are supporting the following legislation:

Senate bill 406 (Robach) and Assembly bill 6797 (Woerner)

Would establish a fee schedule for massage therapy in the same manner as physical and occupational therapy and allow an injured employee to receive reimbursement for massage therapy services when provided by a licensed massage therapist. Current Procedural Terminology (CPT) codes relevant to licensed massage therapists' scope of practice include: 97010, 97110, 97124, 97140 and 97799.

Senate bill 2488 (LaValle) and Assembly bill 4433 (Thiele)

Relates to the unauthorized practice of a profession, the unauthorized use of a professional title and the practice of aesthetics.

Please register via www.amtany.org, click on Government Relations, Lobby Day 2018.

We hope you can join us in helping to protect and grow our profession! We look forward to seeing you!



Online CEH's

Did you know you can complete all of your NYS required CEH's through online approved providers? AMTA is an approved provider of NYS and offers more than 50 online classes.

Classes are in a variety of subjects and are as low as \$15 per credit hour.

For more information visit: www.amtamassage.org/courses

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— Natalie K., LMT

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Upcoming Classes:

CRANIOSACRAL THERAPY 1 (CS1)

Albany, NY	Apr 26-29, 2018
Toronto, ON	May 10-13, 2018
White Plains, NY	May 17 - 20, 2018
Brooklyn, NY	Jun 24-27, 2018
Rochester, NY	Dec 6-9, 2018

SOMATOEMOTIONAL RELEASE 1 (SER1)

Toronto, ON	Apr 19-22, 2018
Hartford, CT	Sep 13-16, 2018

SOMATOEMOTIONAL RELEASE 2 (SER2)

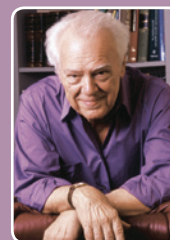
Fairfield, NJ	Jul 12-15, 2018
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UNWINDING MERIDIANS: Applying Acupuncture Principles to CST 1 (UMAC1)

White Plains, NY	May 17 - 20, 2018
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CRANIOSACRAL THERAPY FOR CRANIAL NERVES 1 (CSCN1)

Toronto, ON	May 10-13, 2018
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John E. Upledger, DO, OMM,
developer of
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Additional dates/locations:

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May
4th – 6th



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Kevin R. – Massage Therapist

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The mission of the American Massage Therapy Association®
is to serve amta members while advancing the art, science and practice of massage therapy.

Useful **Links**

AMTA National Office

www.amtamassage.org

NYS Education Department Office of the Professions

www.op.nysed.gov/prof/mt

Massage Therapy Journal

www.amtamassage.org/journal/home.html

Massage & Bodywork Magazine

www.massagemag.com

Massage Today

www.massagetoday.com

Massage Therapy Foundation

www.massagetherapyfoundation.org

Social **Networking**

To network online with AMTA, visit www.amtamassage.org and click on the corresponding social media icons at the bottom of the page, or follow these links:



Facebook

www.facebook.com/amtanychapter



Twitter

www.twitter.com/AMTANY



Linkedin

www.linkedin.com

Search Groups: American Massage Therapy Association (AMTA)



YouTube

www.youtube.com/amtamassage

*Facebook and Twitter pages are linked so that information from Facebook will automatically be posted to Twitter.